

Week 2 – Grief as a process with various stages

<p>Aims – The lesson will</p> <ul style="list-style-type: none"> • Explore the concept of grief as a process not a task • Identify the different stages of grief • Examine what coping strategies might help during the stages of grief 	<p>Objectives – At the end of the lesson the student will be able to</p> <ul style="list-style-type: none"> • Understand grief as a process that comes in waves at different times and with different levels of intensity for different people • Identify the specific stages of grief • Explore possible coping strategies that might help during the grief process • Reflect on their learning in class, on what they are grateful for and what they feel positive about
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Resources needed – Powerpoint, worksheets, post-its, 4/5 large sheets of white paper (A2)

Introduction - Recap on the previous lesson reminding students about the huge variety of events that cause a sense of loss for individuals and that the way in which people respond to loss and grief differs in terms of feelings and reactions as well as intensity.

Following on from that this lesson will explore the process of grief as something that comes in waves rather than as a linear pattern. We will watch a clip that explains the stages of grief and also hear from a person on her experience of loss and grief and what helped her to cope.

Powerpoint Presentation

Video: *'The Grieving process – Coping with Death'* (4.13 mins)

<https://www.youtube.com/watch?v=gsYL4PC0hyk>

Activity 1: Think, Pair, Share & worksheet on the stages of grief and what might help to cope during the stages. Take suggestions from class. To adapt to digital 'think, pair, share' work see guidelines on https://www.jct.ie/wholeschool/pdf_strategies_for_active_engagement/think_pair_share.pdf

[Suggestion may include - Be alone, write down your feelings, talk to someone, do things that make you happy, do things that give you joy, take care of yourself physically, reach out to someone – a family member, friend, professional]

Video: Meghan Scully at Zeminar – *'Broken Love – My Journey through Loss and Grief'* (11.49 mins)

<https://www.youtube.com/watch?v=05aS7QYxh0E>

Activity 2: Students watch the video clip and fill in the questions on the worksheet. Teacher gives each student a post-it and place 4/5 large white sheets on the wall around the class to allow students to stick up the post-its while socially distancing. Each student answers the 2 questions on the worksheet and at the end jots down their favourite suggestion from Meghan about coping with loss and they come up individually at a social distance and stick post-its up. Choose 4/5 students to read out suggestions from each poster.

Reflection Sheet – Each student fills up the sheet – 3 things I learned today, 3 things I am grateful for today & 3 reasons to smile today.

Teacher Resources

<https://www.alustforlife.com/tools/the-5-stages-of-grief>

<https://www.alustforlife.com/tools/mental-health/grief-in-the-classroom>